

California Department of General Services

# The Ziggurat



## **Fitness Center Membership Package**



# Getting Started

**Welcome to the Ziggurat Fitness Center (ZFC)!** As a DGS employee, you are in an extremely fortuitous position. The Zig is one of the few state facilities that houses a state of the art fitness center. Many people pay monthly dues at health clubs that provide the same services you have available to you at the ZFC for FREE! The ZFC is operated in conjunction with the DGS Health and Wellness program. If you ever have questions pertaining to the ZFC or the Wellness Program, please don't hesitate to contact the Wellness Coordinator at 376-1916.

## ***Benefits of the Wellness Program and ZFC***

- **Unlimited use of the ZFC**
- **Access to up-to-date Wellness information**
- **Access to activity classes (yoga, aerobics, etc.)**
- **Exercise/Nutrition Counseling**
- **Seminars**
- **Increased Energy**
- **Reduced Stress**
- **Reduced risk of various forms of disease**

If you are just beginning an exercise program or have had a long (3 months or more) layoff, please note the following:

- It is **STRONGLY** recommended that you consult with your physician prior to beginning an exercise program.
- The wellness coordinator is available by appointment to assist you in exercise program design and nutrition counseling. This can be a very useful resource in helping to set goals and to plan your success!
- Start slowly. Do not attempt activities that require extreme strength and/or endurance.
- Make sure you know how to safely use each piece of exercise equipment you have selected
- You will be more likely to achieve the results you would like if you set realistic goals and stick to them. The Wellness Coordinator can help!

# ZIG Fitness Center

## CODE OF CONDUCT



Welcome! We are happy you chose to spend part of your day using the Zig Fitness Center to help achieve your personal fitness goals! In order to help make the experience pleasurable for everyone, please observe the following regulations:

### 1. Please Wear Appropriate Attire

- Athletic shoes only (no sandals, boots, etc.)
- No jeans or street clothes
- Shirts will be worn at all times. No bare midriffs.

### 2. No Food or Drink Please (Water Bottles OK)

- This will remove the possibility of a spill, which could damage the equipment.

### 3. Please Wipe Machines Off After Using Them and Return Equipment to its Original Location

- Nobody likes to exercise in somebody else's sweat!
- Re-rack weights and stack steps and mats in the corner of the ZFC by the aerobics room

### 4. Please limit use of Cardio Machines to 20 Minutes If Others Are Waiting

- It's a bummer when you have to miss out on your daily workout because someone else is monopolizing the machine!

### 5. Please Use Good Judgement While Exercising

- Don't choose weights that are too heavy
- Don't attempt a CardioProgram that is too rigorous for your capabilities
- When possible, exercise with a partner. **THINK SAFETY!**
- No profanity or abusive behavior
- If you have questions, or are unsure of your abilities, please consult the Wellness Coordinator at 376-1916.



**THANK YOU!!**

**HAVE A GREAT WORKOUT!!**

# **ZFC Policies and General Information**

## **Release of Liability:**

A liability release form must be signed prior to use of the ZFC. The form is located at the back of this package.

## **Hours of Operation:**

The ZFC is open for your enjoyment **weekdays from 5:30 a.m. to 8:00 p.m.**

- Regretfully, the ZFC is not available for employee use on weekends at this time.

## **Orientation:**

It is strongly recommended that you meet with the Wellness Coordinator for an orientation session prior to using the ZFC. Appointments can be made by contacting the Wellness Coordinator at 376-1916.

## **Bulletin Boards**

The bulletin boards are a great source for information. Information changes regularly and contains the following types of information:

- Health and Wellness Articles
- Upcoming Events
- Nutrition Information
- Disease Prevention
- Miscellaneous Wellness Info

## **Lost and Found**

A lost and found box is located in the Wellness Coordinator's office.

## **Equipment Repair**

If you discover a broken or malfunctioning piece of equipment, please tell the Wellness Coordinator.

## **Lockers**

A limited number of lockers are available for monthly rental. Please ask the Wellness Coordinator for more information

# Suggestions

The ZFC welcomes your suggestions, comments, and complaints. There is a suggestion box located by the drinking fountain. Suggestions regarding new equipment purchases etc. are welcomed. However, it is important to note that the Wellness Program is operating on a very small budget. We will do our best to accommodate as many of your suggestions as possible.

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## ZFC Suggestion Form

Name \_\_\_\_\_ Today's Date \_\_\_\_\_  
Division/Office \_\_\_\_\_ Phone # \_\_\_\_\_

Comment, Suggestion or Complaint:

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Thank You for your support of the ZFC and the DGS Wellness Program!

# **ZFC Rules and Regulations Acknowledgement**

*Please carefully read and sign the following:*

My signature below certifies that I acknowledge and agree to comply with all of the Rules and Regulations as described in the Ziggurat Fitness Center (ZFC) Membership Package.

I further acknowledge that all ZFC Rules and Regulations are designed to facilitate the operation of a clean, well-managed facility. Additionally, I understand that these rules may be changed at any time to meet the needs and/or expectations of the Department of General Services, and the Health and Wellness Program.

I understand that if I am found to have abused the rules and regulations outlined above, my privileges for use of the ZFC may be revoked.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

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## **Statement of Release of Liability**

My signature below certifies that I understand there are inherent risks of injury associated with participating in exercise and exercise related activities. As a willing participant, I agree to accept sole responsibility for any injuries I may incur as a result of my participation in exercise activities inside the Ziggurat Fitness Center (ZFC), including use of the equipment, and active participation in any exercise classes conducted by a representative of the ZFC, including fitness instructors. By signing below, I agree to release The California Department of General Services (DGS), its employees, and/or any fitness instructor authorized by ZFC management to teach of any liability for injuries I may incur in the process of using the ZFC.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_